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## Active Schools Update

Active Schools has recently completed a transfer from SBC to Borders Sport and Leisure Trust (BSLT). Active Schools will continue to work extremely closely with cluster schools to ensure there are opportunities before, during and after school and support sport clubs in the wider community.

Active Schools has secured funding until 2015 and over the next 4 years will be looking to:

- Recruit, train and develop volunteers, coaches, leaders and teachers
- Increase the number of young people volunteering
- Improve the quality and range of activities offered
- Increase participation amount girls, young women and children with disabilities
- Develop effective school to club pathways

## News

### Zumba a BIG hit at Edenside



P5-7 pupils at Edenside PS have been enjoying some after-school Zumba sessions this term with local coach Norrie Smith. 34 pupils joined in the Zumba fitness sessions for 5 weeks on a Wednesday afterschool.

### Broomlands Dance



Local dance coach Michelle Douglas has been in working with P1-7 pupils at Broomlands this term. 2 dance clubs were offered to the lower and upper school on a Thursday afterschool, both sessions were very popular

### Bikeability in Kelso Schools



This term has been a busy term for schools getting pupils out on their bikes. Yetholm and Morebattle have been working with P4/5 pupils to develop their bike skills in the playground. 20 pupils between the 2 schools completed Bikeability level 1 during their outdoor learning week in September.



Broomlands Ps and Yetholm PS have been working with P6 pupils out on the road, developing road awareness and road cycling skills. Pupils have been working on a close by junction to learn right and left turns and correct stopping and starting procedures.

## Contact Us

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## Junior Active Schools

The Junior Active Schools (JAS) programme has expanded to all Kelso primary schools this year. Schools have recruited 2-4 pupils to act as Junior Active Schools Coordinators (JASC) for their school who will support the work of Primary Active Schools Coordinator, Debra Martin. The role of the JASC is to ensure their school is an active school. They will be helping Debra to advertise clubs, complete school surveys, promote London 2012, and celebrate pupil sporting success within the school.

## Edenside Health Topic

P6 pupils at Edenside PS have been working on a health topic this year. The classes have been taking part in several sports sessions this term on a Thursday and Friday afternoon. Pupils have been doing badminton, tennis, dance, a triathlon challenge and had the opportunity to use BSLT interactive dance mats.



They have also completed the playground leaders' course, learning how to encourage lower primary pupils to be active in the playground by developing their leadership skills. All 55 P6 pupils completed the course and are now keen to work with P1-3 pupils during break times in the playground.

## School-Club News

### Kelso 2 bridges race

The annual 2 bridges race was hosted by Kelso crawlers on Sunday 11<sup>th</sup> September 2011, with 15 junior runners and 30 adults running round a very blustery Kelso's 2 bridges.



Home grown talent was very much in evidence with the Junior section of the race. They ran 2k, with Josh Abbott taking the Primary Boy title in a time of 14.27, 2nd Ross Gillie and 3rd Andrew Thomson. First Primary Girl was Sarah Davenport (19.20) with Jemima Wharton in second. The junior team was won by Kelso AC members Toby and Oscar Rodwell helped team mates Andrew, Ross and Josh above.



The Under 16 boy winner Gordon Armstrong (13.55, this with a stop to see how his friend was!) followed by Euan Pettigrew and then John Archibald. All Kelso lads.

In the S1/2 girls race Linsey Young managed to move up from her primary winners category successfully by taking the win 15.53 (PB) with fellow badminton player Ciara Donlevy from Lauder coming in second and Lauren

Falkener in third. Linsey helped the 3 boys above in the Kelso High school team to take the team event. For all the winners visit Kelso Crawlers Website.

### Orienteering Tasters



The Roxburgh Reivers Orienteering club have been working in Morebattle and Yetholm PS this term to introduce the sport of orienteering to primary pupils. Pupils have been developing map reading skills and team work before having a go with the clubs new electronic orienteering equipment.

The club have recently published dates for their Autumn series. The events are open to beginners and families to come and have a go. More information on the club website.

### **Hockey & Rugby Festivals**

The annual P6/7 hockey and P4/5 rugby festival took place on Monday 25<sup>th</sup> September. Active Schools and Rugby Development organised the festivals to allow pupils the opportunity to try out the sports and mix with other local pupils.

The festivals are a great opportunity for the local junior hockey and rugby clubs to recruit new players to join their clubs.

Junior Hockey   Sundays   11-12noon   Kelso High School

Mini Rugby       Sundays    10-11.30am   Croft Park

### **Young Ambassadors**

#### **2011-2012 Kelso HS Young Ambassadors**

The aim of the Young Ambassador (YA) programme is to bring the inspiration and magic of the London 2012 Olympic and Paralympic games to young people in schools and communities. The role of a YA is to:

- Promote London 2012 in schools and communities
- Use the inspiration of 2012 to increase participation
- Promote and live the Olympic and Paralympic Values

This year S6 pupils Becky Thomson, Gillian Black, Erin Ramsay and Rachel Stewart will continue their YA journey as Border Platinum YAs. Their role will be mentor all the new YAs and drive the YA movement across Border Secondary Schools. They will be hosting a Borders Young Ambassador conference on Friday 21<sup>st</sup> October to introduce and train all new additions to the Borders team.

Cameron Bryce and Kate Lesenger both S5 have been recruited as the new Border Gold YAs. S5 pupils Cecily Whitehall and Jack Bayram have been selected as Kelso High School AdiStar YAs.

